

**FEATURING BEST PRACTICES  
OF STATE AGENCIES AND INSTITUTIONS OF THE  
COMMONWEALTH OF VIRGINIA**

**Provides Services to Clients  
Outreach to Pregnant and parenting Teens -  
The Family Center**

**Arlington County Public Schools and  
Arlington Department of Human Services  
Public Health Division  
implemented this best practice  
in 1989**

*Qualifying under the  
Best Practices catalogue*

3 Provide Capabilities  
31 Manage resources and capabilities  
312 Deliver products and services to customers

**Best Practice Summary  
(how it works, how you measure it)**

The Outreach program is a collaborative effort between the Department of Human Services (DHS) and the public schools to ensure education, health care and life skills to pregnant and parenting teens. The Family Center, coordinated by a Public Health Nurse, provides an alternative education to pregnant and parenting teens at a location adjacent to one of the middle schools. Maternity Clinic, WIC, community agencies and school personnel refer the teens. Once identified, teens are contacted by home visits or telephone calls and encouraged to attend a

weekly support group. Transportation and on-site are provided if necessary. In addition to meeting their educational needs, which are provided at the Family Center, WIC staff offers nutritional counseling and services, and appropriate referrals are made for psychosocial and health problems. Outreach reinforces family well being and living skills, including parenting skills, and encourages networking and mutual support among participants. Teens returning to school after having their babies continue to receive support, parenting skills and child care if needed.

## **Impact on the Process Organizational Performance (OUTCOMES)**

Parenting and pregnant teens are provided with support and resources to continue their education and to learn necessary life skills and parenting skills.

### **Best Practice Qualification**

Over 60% of pregnant teens in Arlington County are not enrolled in school. This program provides a point of access to information and services, health education, and a support network for the complicated situation of teen pregnancy. In 1999, 80 teens were served in the Family Center, 30 were already in school and remained, 50 were not in school but entered school through the Family Center as an outcome of outreach. Fifty-seven (57) additional teens were followed by outreach but did not enter school. They were, however, referred to maternity clinics as appropriate.

### **For Additional Information**

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